

## Increasing Youth Social Competences



Lithuanian Employment Service



25. 5. 2019 – 30. 4. 2022

**Objective:** To reduce the number of NEETs (16 – 29) by implementing early intervention and activation measures.

**Target group:** NEETs (16 – 29).

### Key components of the practice:

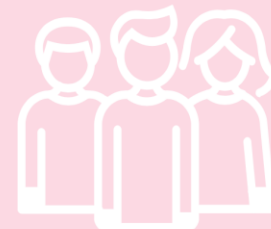
- **Introductory meetings:** initial sessions presented future project activities to participants, outlining goals and expectations.
- **Group consultations:** The sessions covered essential skills such as leadership, stress management, teamwork, time management, and self-awareness.
- **Education and employment events:** participants explored educational programs and job opportunities through presentations from institutions and businesses.
- **Career workshops:** focused on building an online presence beyond the CV, including effective self-presentation on platforms like Facebook and LinkedIn.
- **Psychological support and skills assessment:** unlimited consultations with psychologists and access to the Unlock test, which identifies work skills, interests, and personality traits.
- **Legal consultations:** lawyers provided guidance on youth-relevant issues, including debt and employment rights.
- **Post-project opportunities:** participants could access employment subsidies, training, internships, or apprenticeships to aid in career development.

### Key outcomes:

- 1) Developing soft skills, 2) building self-esteem, 3) empowerment, 4) establishing connections with employers and educational institutions.

### Evidence of success:

After competing in the program, 57 % of NEETs started studying, gained a qualification, or began working, including self-employment.



SOCIAL

Labour market and employment

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## Skills Lab



Informal Education House Lithuania



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**Objective:** Increase opportunities for vulnerable youth (16–29) to engage in education, the labour market, and social life, while empowering them for personal change through strengthened social and work skills.

**Target group:** vulnerable youth (16–29).

**Key components of the practice:** Skills Lab is a month-long camp designed for youth facing challenges. By changing their environment, receiving expert support, and developing key skills, participants are empowered to make meaningful life changes.

- **Community:** 10 participants live together, set house rules, share chores, and organize activities, fostering cooperation.
- **Apprenticeship:** Working in small groups with specialists to develop theoretical and practical skills through personal projects.
- **Professional support:** Youth workers, social workers, employment specialists, and psychologists guide group dynamics, conflict resolution, teamwork, and independence.
- **Individual approach:** Each participant receives a personalized learning plan and ongoing support for long-term growth.

### Key outcomes:

- Holistic support through diverse services.
- Improved social skills.
- Increased independence.

**Evidence of success:** among 233 participants:

- 27.8% returned to education.
- 34.7% remained in education.
- 23% gained employment.